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ABSTRACT

The importance of establishing good eating habits in youth as a means for laying the foundation of health in later life is discussed. This booklet contains charts that list nutritional scores for many common foods. These scores are measures of the overall nutritional content and value of the foods. Foods receive points for protein; vitamins A, B-2 (riboflavin), B-3 (niacin), and C; iron and calcium; complex carbohydrates--starch, fiber, and naturally occurring sugars; and polyunsaturated fats. Foods lose points for high fat content, added sugar, cholesterol, and salt. Foods listed are in the categories of vegetables, grain foods, beans, nuts and seeds, poultry, fish, meat, fruits, non-dairy beverages, dairy products, snacks, breakfast foods, and sweets. The booklet is intended for use in health education classes at the elementary level. (JD)

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FOOD SCORECARD

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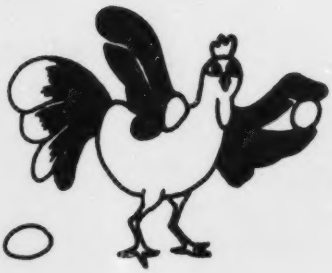

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Center for Science in the Public Interest

The Center for Science in the Public Interest is a tax-exempt, non-profit organization that is staffed by scientists. We hope that the information presented in this booklet will enable readers and their friends and families to eat more nutritious food, develop a greater interest in nutrition and health, and understand more fully the priorities of the food industry.

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WHY DO WE EAT?

Food is often associated with happy memories. Many students are excited about leaving school every day because that means a snack. Some kids visit a drug store or a friend's house on the way home. Others raid the refrigerator when they get there. During school lunch breaks, kids can clown around with friends. On dessert day, they can't wait to get to the Home Ec. class.

Sometimes, though, eating can be a big bother. Eating breakfast is a nuisance for people who are not hungry in the morning. Some parents insist that their kids eat every last crumb before leaving the table at meals.

The most important thing about food, though, is not whether it is fun or a bother, but what it can do for us and to us. Food contains *nutrients*. These are substances that the body needs in order to grow and to stay in the best possible health. Every part of our bodies—blood, bones, muscles, the cells in our eyes, our hair and our fingernails—is built from nutrients in the food we eat. On the other hand, eating too much food or too many unwholesome foods can impair the body's health. The human body is like a very delicate machine that can last eighty or a hundred years—if we take care of it and give it the best fuel there is, good food.

What is Food Made Of?

In order to know how food affects us, we need to know what it is made of. Scientists have discovered about fifty necessary nutrients that we get from food. The major components of food are water, protein, fat, and carbohydrates (starch and sugar). These provide energy and are the major building blocks for growth.

Food also contains important life-supporting substances called vitamins and minerals. Vitamins such as thiamin (vitamin B-1) and ascorbic acid (vitamin C) occur only in living organisms, although they can also be produced in laboratories. Minerals include iron, zinc, calcium, and magnesium. They occur in rocks and soil, as well as in food.

We can get all these nutrients from food, but no single food has all the nutrients. Therefore, we must eat a variety of *good* foods. Soda pop, gum, hot dogs, doughnuts, Cool Whip, and Jell-O is a variety, but not the variety that gives you enough vitamins, minerals, protein and other nutrients.

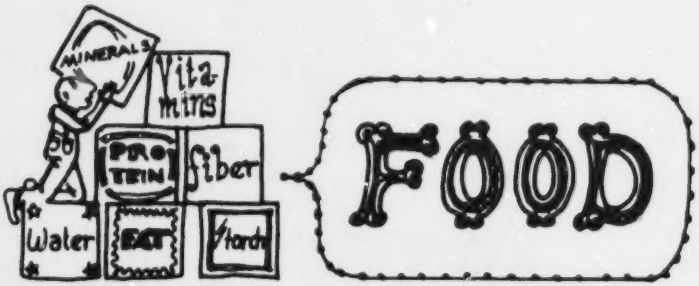
A good diet consists primarily of such foods and beverages as:

- watermelon, grapefruit, strawberries, and other fresh fruit
- broccoli, tomatoes, potatoes (sweet and white), and other vegetables
- fish, chicken, lean meat, beans, low-fat cottage cheese and milk, peanut butter, and other protein sources
- whole wheat bread, brown rice, and other whole grain foods; white bread and other "refined" grain foods are not quite as good
- raw vegetables, popcorn, whole wheat crackers, peanuts, almonds, and other nutritious snacks

It is very important to get enough of each nutrient. For instance, people who do not get enough iron become anemic, which makes them sluggish all day. Liver, beans, lean red meat, and blackstrap molasses are good sources of iron.

Severe shortages of other nutrients have other effects, like low resistance to disease and poor eyesight.

It is just as important that we do not eat too much of the foods that contribute to health problems. Hot dogs, for instance, are high in fat; eating too many of them and other fatty foods may contribute to a weight problem and to heart disease.



Eating for the Year 2000

Some effects of poor eating habits show up quickly, like tooth decay and obesity. Other effects, like high blood pressure, diabetes, and heart disease, take ten, twenty, or thirty years to develop. The foods you are eating now and the habits you are forming can affect your health when you are an adult—in the year 2000.

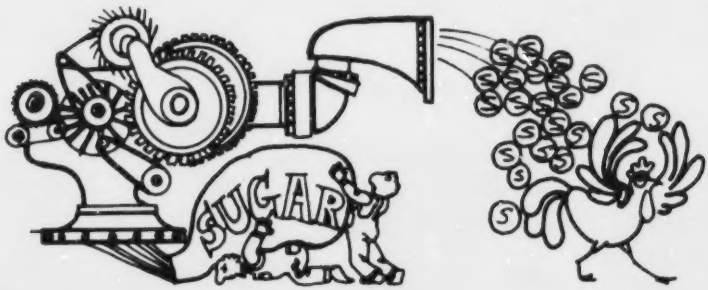
The foods you eat today are laying the groundwork for either good health or health problems. It's like building a treehouse. You have to use strong boards, sturdy tree limbs, and big nails. If you do not use the right materials, the treehouse will be weak and collapse in a short time. A treehouse that is built with good materials and cared for properly will last many years.

It's the same with health. By eating nourishing foods, not smoking, and taking care of your body, you will probably be strong, healthy, and live to a ripe old age.

THE COMPANIES THAT MAKE FOOD

Food companies, like all companies, are in business to make money. Unfortunately, company managers are sometimes more concerned about making high profits than high-quality products. To keep profits high, many companies make foods that are not good for your health—just like some toy companies make junky toys that break easily.

Most of the information we get about food comes from food manufacturers. This information—in the form of booklets, movies, and TV commercials—is usually presented in clever and appealing ways, but some of it is not truthful. For instance, in its advertisements, Campbell Soup Company once put marbles in its vegetable soup—raising the vegetables and making the soup look richer and thicker than it really was. The Ocean Spray Cranberry Company had to stop calling its product cranberry "juice." The drink contained some juice, but was mostly water. Now it is called cranberry "drink." If you or your class believes that an ad for a food or any other product is misleading, write to the government agency that regulates advertising: Federal Trade Commission, Washington, D.C. 20580. Send a copy of your letter to your local newspaper.



Advertisers promote their own products—not a balanced diet. Because it is rather easy to sell sweet foods, many products are high in sugar. The result is that the average American consumes 128 pounds of sugar per year (is this as much as you weigh?).

The food companies spend millions of dollars persuading us to buy their products. General Foods, which makes Kool Aid, Super Sugar Crisp, Jell-O, and Maxwell House Coffee (and other products), spent about $340 million in 1978 on advertising—over twice what the federal government spent on the school milk program that year.

You Too Can Be In Advertising

Put on your Grey Flannel Suit and make up your own commercials for wholesome foods and junkyard foods. Be honest about the qualities of the food you want to sell. Draw an ad and make up slogans to go with it. (Cola: "Rips off your body as well as your purse.") Or get together with some friends and write a script. It can be serious or spoofy, but must be truthful. Act out a few ads.

HOW THE SCORECARD WORKS

This booklet contains charts, or "Scorecards," that list scores of many common foods. The scores are measures of the overall nutritional values of foods. On any scorecard, the higher the score, the better the food. This is like judging baseball players by their batting averages. Usually, the higher the average, the better the player.

A food gets points for the nutrients that it contains. The more of a nutrient a food contains, the more points the food gets for it. A food gains points for:

- protein
- four vitamins—A, B-2 (riboflavin), B-3 (niacin), and C

- two minerals—iron and calcium
- complex carbohydrates—starch, fiber (roughage), and naturally-occurring sugars (in milk and fruit)
- polyunsaturated fats (mainly from vegetables oils, nuts, seeds, and fish)

Certain substances in food may impair our health if we eat too much of them. These include:

- high fat content
- added sugar
- cholesterol
- salt (either from the salt shaker or the salt hidden in foods)

A food loses points for its content of any of these substances. The more fat, salt, sugar, or cholesterol a food has, the more points it loses. An additional score based on the number of calories is also used.

As an example, here is how we rated a lean hamburger and a Hershey's milk chocolate bar:

Hamburger		Hershey's Milk Chocolate	
protein	29	protein	4
vitamins	14	vitamins	4
minerals	10	minerals	5
carbohydrate	0	carbohydrate	3
fat	-42	fat	-30
added sugar	0	added sugar	-23
cholesterol	-4	cholesterol	-1
sodium	0	sodium	0
calorie score	7	calorie score	-4
	14		-42

1.) What is hamburger especially high in?
2.) If you had regular hamburger instead of lean, what would happen to the fat score?*

* 1.) Fat. 2.) A regular hamburger would lose more points.

Candy, soda pop, Jell-O, hotdogs, and other foods that are high in sugar, fat, and/or salt and low in vitamins, minerals, and protein, have negative scores. These foods are often called "junk foods."

How to Use the Scorecards

In general, the higher the rating, the more nutritious the food. Eat more of the foods near the top of the Scorecards; eat less of the foods with negative ratings or near the bottoms. Small differences in ratings, for instance 34 compared to 36, are not very important.

You can add the ratings of different items. A McDonald's hamburger sandwich would have a rating of 29: Hamburger = -4, bun = 31, catsup = 2. (as you can see, the bun is the healthiest part of a McDonald's hamburger!) If a food is not listed, use the rating of a similar food.

In using the Scorecards, remember that the rating does not indicate which nutrients are in each food. Two foods with similar scores could have totally different nutrient contents. This is why it is best to compare foods within

categories. For instance, while skim milk (55) gets most of its points for protein, calcium and riboflavin; a tomato (56) gets most of its points for vitamins A and C. Both foods have a place in a well-rounded diet.

VEGETABLES

What is it about vegetables that makes some people turn up their noses? Spinach, ugh. Asparagus, ick. Brussel sprouts, yuk. We may dislike a vegetable without ever having tasted it. If you have not eaten certain of the vegetables on the Scorecard, why not make friends with a new vegetable?

Many vegetables contain large amounts of vitamins and minerals that help keep our bodies working efficiently. The most nutritious vegetables are fresh spinach (91), collard greens (90), and sweet potatoes (82). They have high nutritional scores because they contain large amounts of vitamin A and vitamin C.

Cucumbers and celery have relatively low scores, but they are still nutritious. While they contain only small amounts of vitamins and minerals, they have no fat or sugar. And they contain fiber (or roughage), which helps the body eliminate wastes. Over a short period, lack of fiber in our diets can cause hard bowels and constipation. Over a longer time, it may contribute to digestive tract problems.

Fresh and frozen vegetables are usually slightly more nutritious than canned vegetables. Canned vegetables are also high in salt—and a diet high in salt could cause your blood pressure to rise. As you grow older, high blood pressure may increase your risk of getting a heart attack or stroke.

As far as taste goes, fresh vegetables are usually best, and the very best are homegrown. If you don't already have one, why not cooperate with friends to start a small garden at home or school?

Vegetables		
spinach, fresh	2 cups, raw	91
collard greens, fresh	½ cup, cooked	90
sweet potato	1 med., baked	82
potato	1 med., baked	71
kale, fresh	½ cup, cooked	71
winter squash (acorn, butternut)	½ cup, baked	70
broccoli, fresh	½ cup, cooked	68
asparagus, fresh	½ cup, cooked	67
spinach, frozen	½ cup, cooked	65
mixed vegetables	½ cup, cooked	63
broccoli, frozen	½ cup, cooked	59
brussel sprouts, fresh	½ cup, cooked	58
tomato	1 medium	56
rutabaga	½ cup, cooked	54
carrot	1 medium	48
green peas, frozen	½ cup, cooked	45
sweet corn, fresh (on-the-cob)	1 ear, cooked	41
cauliflower, fresh	½ cup, raw	36
cabbage, chopped	1 cup, raw	36
yellow corn, canned	½ cup, drained	34
sweet peas, canned	½ cup, drained	33
artichoke, fresh	½ bud	23
green beans, fresh	½ cup, cooked	22
summer squash (zucchini)	½ cup, cooked	22
turnips	½ cup, cooked	21
potatoes, French fried	10	19
bean sprouts	½ cup	18
eggplant	½ cup, cooked	18
lettuce, romaine	1 cup	17
green beans, canned	½ cup, drained	17
sauerkraut	½ cup, drained	14
onion, chopped	¼ cup, raw	12
lettuce, iceberg	1 cup	11
mushrooms, fresh	¼ cup, raw	9
avocado†	½ medium	6
cucumber	5 slices	6

†Avocado is the only high-fat vegetable.

GRAIN FOODS

How often do you eat bread? Toast at breakfast? A sandwich at lunch? Roll or bread at dinner? Bread is so commonplace in our diets that we might overlook its good taste and nutritional value.

Almost all breads, rice, and pasta (noodles, spaghetti, etc.) are good sources of several B vitamins including thiamin, riboflavin and niacin. These vitamins are crucial in converting food to energy in every cell of the body. Grain products also contain starch, which gives us energy.

Most Americans are missing out on taste treats (and good nutrition) by eating only white bread and other foods made with white flour: cakes, Hostess Twinkies, doughnuts, cookies, pies. Some people have never eaten rye or whole wheat bread. White flour is made from the **endosperm**, the starchy and least nutritious part of the **wheat berry**, which is the seed that grows on a stalk of wheat. The **wheat germ**, which is a rich source of vitamins and minerals, and the **bran**, which contains nutrients and fiber, are the most nutritious parts of the wheat berry. They are both removed in the manufacturing process and fed to farm animals. Most white flour and bread are called "enriched" because several vitamins and minerals are added back, but many other nutrients lost in the manufacturing process are not replaced. Whole wheat flour contains all the nutrition of the wheat berry.

The Scorecard shows enriched white bread at 45 and whole wheat bread at 55. Whole wheat is a much richer source of some vitamins and minerals—such as folic acid, vitamin B-6, pantothenic acid, zinc—than white bread. Do you have whole wheat bread at home? What kinds of bread are available in your school lunchroom?

The story of rice is similar to that of wheat. The bran and the germ are removed from the rice grain when brown rice is converted to white rice. Two B vitamins and iron are usually added back to white rice, but it is still not as nutritious as brown rice. Brown rice has a nut-like flavor that you might like.

Grain Foods

bulghur (cracked wheat)	½ cup, cooked	77
whole wheat pita (Syrian) bread	1 pouch	73
whole wheat bread	2 slices	55
millet	½ cup, cooked	52
brown rice	½ cup, cooked	47
rye bread	2 slices	46
white bread, enriched	2 slices	45
white rice, enriched	½ cup, cooked	45
pearled barley	½ cup, cooked	42
cornbread	2" square	38
hamburger/hotdog roll, enriched	1	36
instant white rice, enriched	½ cup, cooked	36
spaghetti or macaroni, enriched	½ cup, cooked	32
pancakes, buckwheat (mix)	four 4" cakes	31
oatmeal	½ cup, cooked	30
wheat germ	2 Tbsp.	24
hominy grits	½ cup, cooked	23

BEANS, NUTS, & SEEDS

Beans, nuts, and seeds are excellent sources of fiber, vitamins, minerals, and protein. These vegetable sources of protein are good substitutes for meat, especially when eaten with rice, corn, and other grains. Cooked with the right seasonings and sauces, beans can be the basis of tempting, nutritious, inexpensive dishes.

Have you ever eaten Tofu? Also known as bean curd, it is a form of soybeans that is used widely in the Orient and becoming more popular in America. Like soybeans, tofu is moderately high in fat, which places it in the middle of the chart (31).

While most beans are low in fat, most nuts and seeds are high in both fat and calories. Peanut butter loses 11 points for fat and cashews lose 10. Although the fat in these foods is mostly polyunsaturated, too much of any kind of fat is not good. As an occasional snack, though, nuts and seeds are great!

Many Americans have stopped eating meat. They are eating foods such as beans, grains, nuts, and seeds instead. Some vegetarians say they feel much healthier and more energetic as a result. It might be interesting for you or your family to be vegetarians for a few days or a week.

Beans, Nuts, and Seeds

black beans	½ cup, cooked	93
chickpeas (garbanzo beans)	½ cup, cooked	90
lima beans	½ cup, cooked	73
navy beans	½ cup, cooked	61
lentils	½ cup, cooked	57
kidney beans	½ cup, cooked	56
split peas	½ cup, cooked	51
black-eyed peas	½ cup, cooked	49
soybeans	½ cup, cooked	46
tofu (bean curd)	1 piece (4 oz.) 2½" x 2¾" x 1"	31
sunflower seeds, hulled	1 oz.	24
almonds, shelled	1 oz.	18
peanuts, roasted	1 oz.	11
cashews	1 oz.	7
peanut butter	2 Tbsp.	5
English walnuts	1 oz.	3
sesame seeds	1 oz.	2

POULTRY, FISH, MEAT & EGGS

The body needs protein daily to replace dead cells and to build new cells, enzymes, and hair. Muscle cells are made largely of protein. The body makes the proteins it needs from the protein in food. Poultry, fish, and red meat are rich in high quality protein, as are dairy products and soybeans.

In addition to protein, many foods listed in the Scorecard are good sources of iron. Iron is an important part of hemoglobin, the molecule in red blood cells that carries oxygen to all parts of the body. Blood and meat are red because of the iron that they contain. Meat and dried beans are good sources of iron.

Meat contains a lot of saturated fat. This kind of fat increases the amount of cholesterol in blood, especially in boys, men, and older women. Cholesterol can cling to the inner walls of blood vessels and make it difficult for the blood to pass. Eventually, a blood clot may block the narrowed vessels and cause a heart attack or stroke. More Americans die of these two causes than any other.

Saturated fats (as in meat and butter) are ordinarily solids at room temperature. Unsaturated fats (in vegetable oils, nuts, fish, and margarine) do not raise cholesterol levels, and the polyunsaturated fats actually lower them. Unsaturated fats are liquid at room tempterature.

Most Americans eat too much of all kinds of fat. Population studies have shown that diets high in any kind of fat increase the risk of breast and colon cancers. Make it a habit to eat fewer fatty foods

Eggs are also a good protein food. However, they contain a large amount of cholesterol, which, like saturated fats, can raise the cholesterol in your blood. Liver, although rich in many nutrients, also is very high in cholesterol. Both of these foods should be eaten in moderation. And you should try to keep track of your blood levels of cholesterol as you grow up.

The least nutritious meats are processed meats, like hot dogs, Spam, bacon, and bologna. They are high in fat and have only small amounts of protein, vitamins, and minerals. They also contain the additive sodium nitrite, which should be avoided. Lean meats, skinless chicken, or baked fish (from the top of the Scorecard) are all much better choices.

Most Americans eat more than enough protein, mostly from meat. The average American eats about 165 pounds of meat each year. Can you imagine what it would be like to have meat only 3 or 4 times a year? Most of the world's people eat meat only occasionally—if at all. They base their diets on wheat, rice, and beans, and have many delicious recipes.

Millions of people around the world have died of starvation in recent years because of terrible food shortages. The world food supply could be increased greatly if Americans ate less meat and if our cattle were raised more efficiently. Instead of being fattened on grain, as they now are, cattle could spend a longer time in pasture. The grain could then be available for people to eat.

tuna, waterpack	3 oz.	75
lobster, cooked meat	3 oz.	72
chicken, roasted, skinless	3 oz.	68
salmon, pink, fillet	3 oz.	67
turkey, roasted	3 oz.	62
flounder, baked	3 oz.	54
scallops, steamed	3 oz.	52
salmon, sockeye red, canned	3 oz.	52
round steak	3 oz.	51
cod, broiled	3 oz.	50
crabs, steamed meat	3 oz. (1 cup)	46
veal cutlet, broiled	3 oz.	44
clams, raw or steamed	5 clams (2.5 oz.)	43
chicken, roasted w/skin	3 oz.	42
shrimp, steamed	3 oz.	42
tuna, oilpack, drained	3 oz.	40
leg of lamb	3 oz.	34
shrimp, fried, breaded	3 oz.	31
ham, baked	3 oz.	28
chicken, fried, breaded	2 oz., 1 thigh	27
rump roast	3 oz.	26
pork chop, baked	3 oz.	25
Canadian style bacon	2 slices (2 oz.)	21
sirloin steak	3 oz.	17
hamburger, 20% fat, lean	3 oz.	14
ham, smoked	2 slices (2 oz.)	12
egg white	1 large egg white	11
hamburger, 25% fat, regular	3 oz.	-4
bacon	2 slices, (½ oz.)	-5
egg	1 large	-7
chicken hot dog	1 (1.6 oz.)	-7
hard salami	2 oz.	-18
pork sausage	3 links (2 oz.)	-19
hot dog	1 (1 6 oz.)	-20
beef bologna	2 slices (2 oz.)	-26
luncheon meat	2 slices (2 oz.)	-33
Spam	3 oz.	-35

FRESH FRUITS

Fresh fruits are delicious and nutritious, particularly as snacks. Up at the top of the chart is watermelon. Most people are surprised to learn that watermelon is quite nutritious. An average-size slice supplies one-half of our body's daily need for both vitamin A and vitamin C. In addition, it has more iron than any other fruit. It is unfortunate that watermelon is only available during a small part of the year.

The runner-up is another melon, cantaloupe. It got 60 points because it contains so much vitamin A (98 percent of the recommended daily allowance) and vitamin C (78 per cent of the amount we need daily).

Many fruits get high scores because of their vitamin C content, particularly oranges, grapefruit, tangerines, strawberries, and pineapple. Some fruits that have vitamin A are peaches, strawberries, oranges, and tangerines.

Although an apple rated only 23, it contains valuable fiber and is good for teeth and gums. It just isn't as rich in vitamins and minerals as most other fruits. A cold, shiny, crisp, tangy apple always makes a terrific snack.

What fruit is rich in vitamins A and C, is sweet and red, has black seeds, and is about the size of a golf ball?

A very tiny watermelon.

Fresh Fruits

watermelon	10" x 1" slice	68
cantaloupe	¼ medium	60
mango	½ medium	52
orange	1 medium	49
grapefruit	½ medium	42
banana	1 medium	36
honeydew melon	7" x 2" slice	35
strawberries	½ cup	34
pear	1 medium	29
peach	1 medium	26
prunes, uncooked	3 medium	26
tangerine	1 medium	26
apple	1 medium	23
blueberries	½ cup	21
pineapple, fresh	½ cup	18
cherries	½ cup	17
plum, red	1 medium	12
grapes	½ cup	10

BEVERAGES, non-dairy

Three of the best drinks, besides milk, are orange juice (rich in vitamin C, also has small amounts of vitamin A and the B vitamins), tomato juice (vitamins A and C), and V-8 Juice (vitamins A and C).

Not everyone drinks the Big Three. Americans drink more soda pop than milk. *Boys Life* magazine took a survey of its readers and found that **the average boy drank more than three cups of soda a day**. Some boys drank 8 cups a day. Coke, Pepsi, and other soft drinks win the prize for "Worst Beverage"—a -55 score for a 12-ounce serving. Read the list of ingredients on a Coke bottle to find out why: carbonated water, sugar, caramel coloring, phosphoric acid, natural flavoring, and caffeine—not one is nutritious.

Awake (-3), Cranberry Juice (-6), and Tang (-9) are fortified with vitamin C, but lose points because they have added sugar. These beverages are called "drinks" rather than "juices," because they are made partly from plain water and partly from real juice. Their colors are due largely or entirely to artificial coloring rather than real fruit juices.

Beverages (non-dairy)

orange juice, unsweetened	6 oz.	47
tomato juice	6 oz.	36
V-8 Juice	6 oz.	26
apple juice	6 oz.	23
grape juice, frozen	6 oz.	15
coffee or tea	6 oz.	0
Tab, other diet sodas†	12 oz., 1 can	-1
Awake	6 oz.	-3
Cranberry Juice Cocktail	6 oz.	-6
Tang	6 oz.	-9
Hawaiian Punch	6 oz.	-13
Hi-C	6 oz.	-19
Welchade Grape Drink	6 oz.	-20
lemonade	6 oz.	-21
Kool-Aid, presweetened	6 oz.	-21
Gatorade	12 oz., 1 can	-34
Coca-Cola, other sodas	12 oz., 1 can	-55

†Artificially sweetened diet soda contains saccharin, a chemical that is thought to increase the risk of cancer.

SNACKS

Do you like snacks better than meals? Do you look forward to mid-morning snacks, after-school snacks, TV snacks, and bedtime snacks? There is nothing wrong with eating between meals; many doctors even recommend lots of little meals in place of three big ones. But the little meals or snacks should be as nutritious as regular meals. Ask your parents to keep a supply of these good snacks around the house:

- raw vegetables
- popcorn
- orange juice
- V-8 Juice
- strawberries
- peanuts
- apples
- cottage cheese with chopped fruit
- peanut butter
- melons and other fruits
- yogurt with raisins

Unfortunately, many snacks, especially the heavily advertised ones, are nutritional disasters. Candy bars have very low scores because sugar and fat are their major ingredients. They contain only small amounts of vitamins, minerals, protein, and fiber. Candy, because of its sugar and fat, is always high in calories. Calories provide energy, but the body converts extra calories to body fat.

Snacks

carrot	1 medium	48
green pepper	½ cup	44
dried apricots[1]	2 medium	31
raisins[1]	1 box (1.5 oz.)	28
soynuts, salted	1 oz.	28
apple	1 medium	23
pretzels, 3-ringed	3 pretzels	19
popcorn, plain	2 cups	19
celery	four 5" pieces	17
Ry-Krisps	2 triple crackers	17
potato chips	1 oz.	15
corn chips	1 oz.	13
graham crackers	2 crackers, 2½" sq.	12
saltine crackers	4 crackers	10
jumbo peanuts (in the shell)	10	9
popcorn, butter and salt	2 cups	6
Cheez-its	10 crackers	5
Pringles potato chips	1 oz.	4
dill pickle	1 medium	-3
sugar wafers	2	-3
Popsicle	1	-27
marshmallows	4	-28
Hostess Twinkies	1 package	-34
Hunts Vanilla Snackpack Pudding	1 can, 5 oz.	-34
jellybeans	10	-38
Hershey's milk chocolate	1 bar (1.5 oz.)	-42

[1]Go easy on the dried fruits! Their natural sugars are sticky and can promote tooth decay.

DAIRY PRODUCTS

Milk is a wonderful food produced by all female mammals, including whales, cows, camels, and humans. It contains generous amounts of several nutrients. A single 8-ounce glass of milk contains about one-fifth of our daily need for protein, almost one-third of the calcium, and one-fourth of the riboflavin we need. Calcium helps build strong teeth and bones, and is important in the clotting of blood and the working of muscles. We need riboflavin for healthy nervous and digestive systems. This vitamin is one of several that helps convert food to energy. Skim milk (55) has a higher rating than whole milk (28), because all the fat has been removed.

If you don't drink 2 or 3 glases of milk a day, be sure you get enough other milk products like cheeses and yogurt. Lowfat plain yogurt, which has the highest rating, is a form of milk which has been used in the Middle East for many years. Have you ever tried plain yogurt? Yogurt, along with lowfat cottage cheese, are two of the best foods around. Mix them with raisins or diced peaches for a bit of sweetness. The hard cheeses have lower ratings because they contain saturated fat. (What other food contains a lot of saturated fat?) A serving of American cheese, for example, loses 26 points for its fat content.

Ice cream (-22) is the least nutritious dairy product. A 3-ounce serving contains small amounts of vitamins, protein, and calcium compared to milk. It loses 10 points for its fat content, and 8 points for its high sugar content. Ice cream is fine to eat on special occasions, but not good if you eat it (and other high-sugar, high-fat foods) too frequently.

Dairy Products

yogurt, lowfat, plain	8 oz., 1 cup	64
skim milk	8 oz.	55
lowfat milk, 2% fat	8 oz.	43
cottage cheese, 1% fat	½ cup	30
whole milk	8 oz.	28
chocolate milk, 2% fat	8 oz.	27
ricotta cheese, part skim	½ cup	26
lowfat American cheese	2 oz.	26
mozzarella cheese, part skim	2 oz.	19
cottage cheese, 4% fat	2 oz.	17
Swiss cheese	2 oz.	13
yogurt, lowfat, fruit	8 oz., 1 cup	10
ricotta cheese, whole milk	½ cup	-1
mozzarella cheese, whole milk	2 oz.	-1
cheddar cheese	2 oz.	-10
cream cheese	½ oz., 1 cub. in.	-11
American cheese	2 oz.	-18
ice cream	½ cup	-22

BREAKFAST FOODS

Most people feel and work better if they eat a good breakfast. It is hard to concentrate if your stomach is aching and growling. If your mother or father does not have time to fix you breakfast, it is easy to do yourself. First of all, check out the refrigerator for leftovers. Try cold chicken, a cold boiled potato, grapefruit, or watermelon. Dip into the fruit and vegetable bins. Or make a toasted cheese or peanut butter or tuna fish sandwich on whole wheat bread. Pour a glass of milk and a glass of orange juice. These foods are much better for you than a Coke-and-Fritos breakfast. For a really simple breakfast, have dry cereal with milk, whole wheat toast with jam or margarine, and juice.

Breakfast cereals and bread are both grain products and contain most of the same nutrients: (B vitamins, fiber (in whole grain products), and starch.

Cereals fall into three general categories: **vitaminpill** cereals, **sugarcandy** cereals, and **natural** cereals. The **vitaminpill** cereals are the ones to which the manufacturer has added a lot of vitamins and sometimes iron. Some of the added nutrients—like vitamin C—don't even occur naturally in cereals. Some vitaminpill cereals, like Total and Wheaties, contain little sugar; others such as King Vitaman, are as much as one-half sugar.

General Mills makes Total and Wheaties. They are identical except that 2-cents' worth more vitamins are added to Total than to Wheaties. A 12-ounce box of Total costs about 40 cents more than Wheaties. This is a Total rip-off.

Sugarcandy cereals, like Alpha Bits and Cocoa Pebbles, contain between 25 and 50 per cent sugar. That could contribute to lots of cavities, especially if the cereals are eaten between meals. These cereals are usually fortified with vitamins—some of which do not even exist naturally in grains. A **natural** cereal would be a better choice.

These **natural** cereals, like oatmeal, Wheatena, and shredded wheat, are fine foods, especially when eaten with milk. And, like whole wheat bread, they contain many nutrients necessary for good health not found in processed cereals.

Since many breakfast cereals are highly fortified with vitamins and minerals, a nutritional score would not reflect the large amounts of sugar in many cereals. The products on the Scorecard are listed according to sugar content, rather than nutritional score. Choose low-sugar, whole grain cereals, and avoid artificially colored, high sugar cereals. Better choices are indicated in **bold-face**.

How to Choose a Cereal

The best way to judge the quality of a breakfast cereal is to read carefully the list of ingredients on the label. If sugar is listed first or second, avoid the product, regardless of how many nutrients have been added. Select cereals that contain whole grains and little or no sugar. Here are two labels:

Wheatena

INGREDIENTS:

100% natural wheat. Contains no added salt or any other additives or preservatives.

Apple Jacks

INGREDIENTS:

Sugar, corn, wheat & oat flour, salt, corn syrup, dried apples, cinnamon, partially hydrogenated vegetable oil (one or more of coconut, soybean, and palm), sodium ascorbate (C), natural apple flavoring, Vitamin A palmitate, artificial coloring, niacinamide, ascorbic acid (C), baking soda, reduced iron, zinc oxide, thiamin hydrochloride (B_1), pyridoxine hydrochloride (B_6), Riboflavin (B_2), Folic acid and Vitamin D_2. BHA added to preserve product freshness.

What's wrong with Apple Jacks?

1) Sugar is listed first, which means that it is the major ingredient. The cereal also contains another sweetener, corn syrup, which adds calories without vitamins or minerals.

2) It is made with refined flour instead of whole grain flour.

3) There are artificial colors, and an artificial preservative (BHA).

What's right with Wheatena? It is made with whole wheat and does not contain added sugar or artificial coloring. It is also relatively inexpensive, $.99 for 22 ounces compared to $1.59 for 11 ounces of Apple Jacks.

Breakfast Cereals

	% sugar by weight		
Wheat germ	0	Frosted Mini-Wheats	26
Oatmeal	0	C. W. Post	29
Farina	0	Raisin Bran	30
Wheatena	0	Golden Grahams	30
Puffed wheat or rice	0	Cocoa Puffs	33
Shredded Wheat	1	Trix	36
Cheerios	3	Honey Comb	37
Wheat-, Rice-, Corn-Chex	4	Alpha Bits	38
		Count Chocula	40
Kix	5	Cap'n Crunch	40
Corn Flakes	5	Crazy Cow	40
Special K	5	Sugar Frosted Flakes	41
Grapenuts	7	Lucky Charms	42
Rice Krispies	8	Cocoa-, Fruity Pebbles	43
Wheaties; Total	8		
Concentrate	9	Cookie Crisp, vanilla	44
Product 19	10	Frankenberry	44
40% Bran	13	Super Sugar Crisp	46
Life	16	Froot Loops	48
All Bran	19	Apple Jacks	55
100% Bran	21	Sugar Smacks	56
Quaker 100% Natural Cereal	21		

—Avoid Sugar-Coated Cereals—
—Most Cereals Are Fortified With Vitamins—

DESSERTS

People like to top off a meal with a sweet-tasting dessert, which is usually the weakest part of the meal. But you can satisfy your sweet tooth and your nutritional needs, too, by eating a piece of fruit after lunch or supper. Two of the tastiest fruit treats—cantaloupe (60) and a cold wedge of watermelon (68)—are all-star desserts.

Many products sold as desserts and snacks contain little besides sugar, water, white flour, oil, artificial coloring and flavoring, and a bunch of chemical additives to hold them together. Jell-O and other gelatin desserts are mainly sugar, artificial flavoring, and artificial coloring. These desserts contain the protein "gelatin," but it is of such low quality that it is almost useless to the body.

Homemade desserts, even though they taste good, may also have low scores, because sugar is a main ingredient. By using whole wheat flour in cookies, cakes, and pie crusts, we can make much more nutritious baked goods than Betty Crocker. We should save foods that are high in sugar for special occasions, like birthday parties and holidays.

Desserts

watermelon	10" x 1" slice	68
cantaloupe	¼ medium	60
applesauce, unsweetened	½ cup	17
pineapple, canned in juice	½ cup	17
blueberry muffin	1 muffin	8
vanilla ice milk	½ cup	7
frozen yogurt, lowfat, vanilla	½ cup	3
frozen yogurt, lowfat, fruit	½ cup	-1
angelfood cake	1 med. slice	-1
orange sherbet	½ cup	-2
chocolate pudding	½ cup	-7
pears, heavy syrup	½ cup	-8
sponge cake	! med. slice	-10
peaches, heavy syrup	½ cup	-10
applesauce, sweetened	½ cup	-10
brownies, w/nuts	1¾" square	-12
apple pie alamode	med. slice with small scoop ice cream	-15
cupcake, plain	1	-16
pound cake, old fashioned	1 med. slice	-18
vanilla ice cream	1½ cup	-22
Jell-O, flavored	½ cup	-26
Sara Lee chocolate cake, frozen	1 med. slice	-27
chocolate eclair	1	-30

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Odds and Ends

tomato sauce	¼ cup	13
molasses	1 tsp.	2
low-cal Italian dressing	1 Tbsp.	0
catsup	1 Tbsp.	-1
soy sauce	1 tsp.	-2
whipped cream	1 Tbsp.	-3
sour cream	1 Tbsp.	-4
soft margarine	1 pat	-5
Cool Whip	1 Tbsp.	-5
mayonnaise	1 tsp.	-6
pancake syrup	1 Tbsp.	-6
margarine, stick	1 pat	-6
sugar	1 tsp.	-6
honey†	1 tsp.	-7
cranberry sauce	1 Tbsp.	-7
blue cheese salad dressing	1 Tbsp.	-12
butter	1 pat	-13

†Honey is essentially an unprocessed sugar and contains insignificant amounts of nutrients. Both honey and sugar promote tooth decay.

Some All-Star Foods

Black beans	93
Sweet potato	82
Whole wheat pita bread	73
Watermelon	68
Chicken, roasted, skinless	68
Yogurt, lowfat, plain	64

Some Junkyard Foods

Butter	-12
American cheese	-18
Hot dog	-20
Jell-O	-26
Gatorade	-34
Chocolate bar	-42

RATING YOUR FAMILY'S DIET

Some day when you are home all day, keep track of what one of your parents eats. Use the space below to write down all the food he or she consumes. Add up the scores. Make copies of the chart and score your own diet and those of your brothers, sisters, and friends. If the people around you are not choosing their foods wisely, turn them on to good eating. Discuss nutrition with your parents at home, or when you are in the supermarket.

	Food	Serving	Score
Breakfast			
Mid-Morning Snack			
Lunch			
Afternoon Snack			
Dinner			
After Dinner			

Make extra copies of charts like this on other sheets of paper.